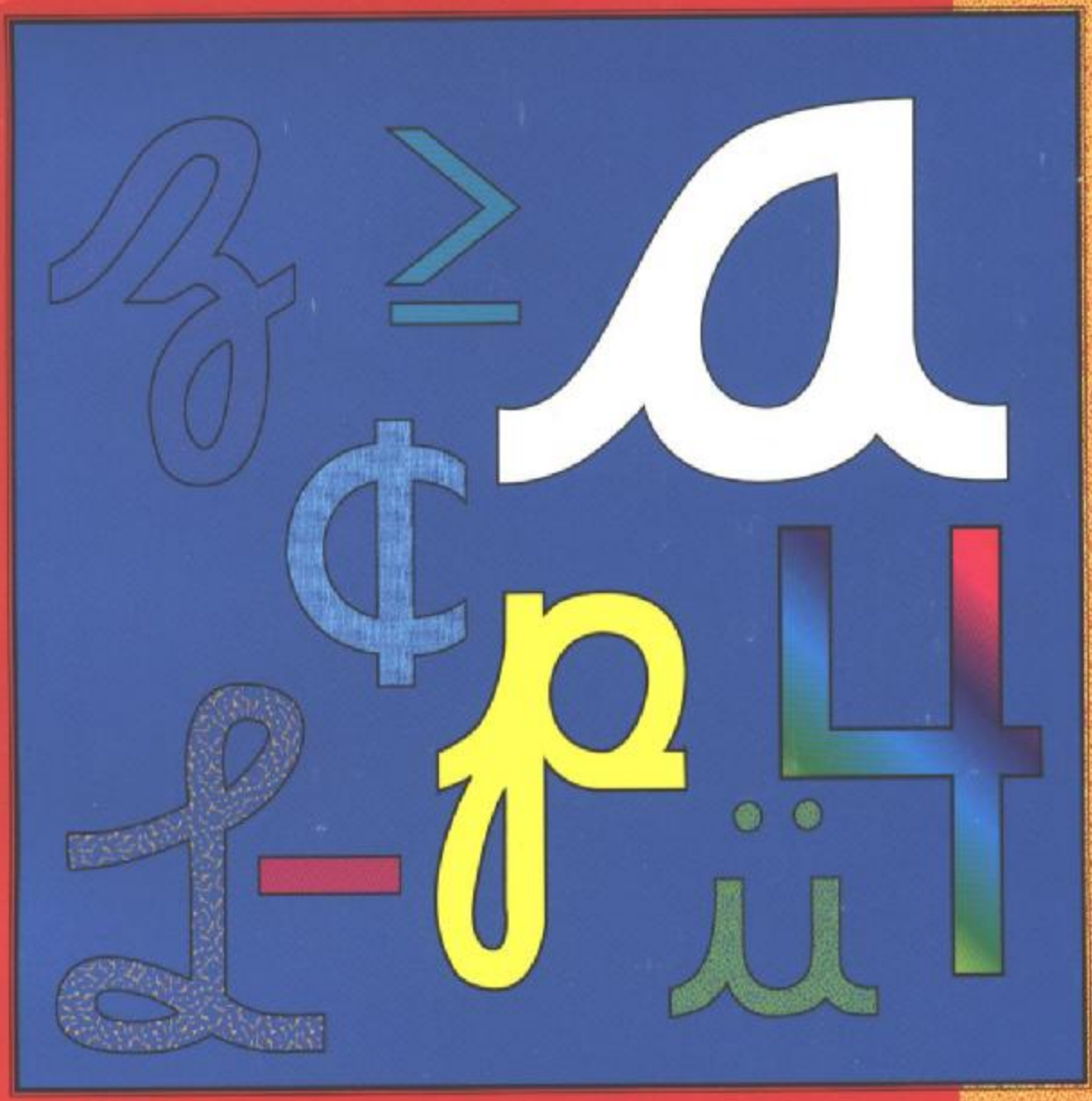
VISIT…

Integrated Writing™

Transition

Letters & Numerals



Keith E. Beery
Author

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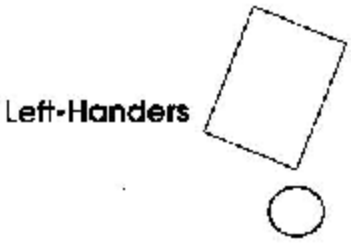
Teaching-Learning Basics

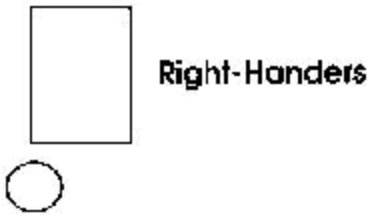
Teachers

1. Please review the Integrated Writing *Teacher's Manual*.
2. Administer an *Integrated Writing Test (IWT)* before and after using this booklet.
3. Consider using overheads of each booklet page to guide instruction.
4. *Continuously* monitor and reinforce a good, relaxed pencil grip and use of the arm.
5. Use *soft* pencils (or pens) to help prevent tight finger writing.
6. Use an Integrated Writing *Computer Disk* for making fun, effective supplements.

Students

1. Sit up straight, tummy touching the table, and hips all the way back in the chair.
2. Hold your paper as shown here:





3. Use a good, relaxed pencil grip:
   - Hold 1 inch above the point (on paint).
   - Hold between *tips* of *bent* thumb and fingers.
   - Bent index finger *rides* on top of the pencil.

4. Rest your last 2 fingers and your arm *lightly* on the table.
5. Turn your wrist so the eraser end of the pencil points toward your shoulder.
6. Use your arm and *slide* along the paper on your last 2 fingers.
7. Every now and then, put your pencil down and shake your fingers at your side to relax.

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Lower Case

i, t, u, w 1, 2, 3, 4
e, l, r, s 5, 6, 7, 8
c, o, a, d 9, 10, 11, 12
g, q, j, p 13, 14, 15, 16
h, k, b, f 17, 18, 19, 20
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v, x, y, z 23, 24, 25, 26

Upper Case

C, E, A, O, Q 27, 28, 29, 30, 31
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V, W, X, K 38, 39, 40, 41
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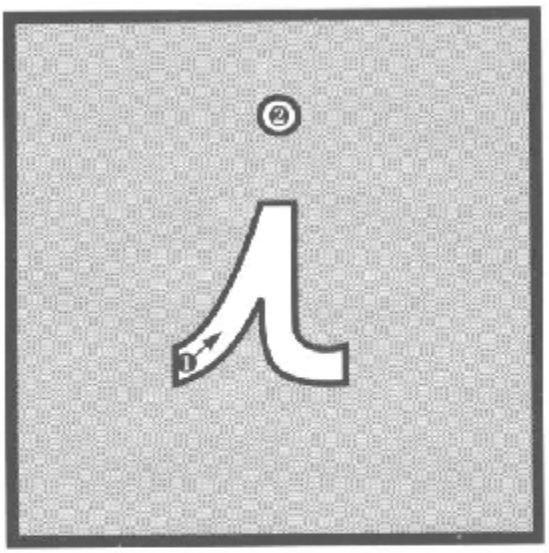

instruments

Relax your fingers. Use your arm. Say, "i: Slide up to the midline; stroke down to the base; make a small tail; and be sure to dot half way between the midline and the top."

1

2

3

4 instruments

Circle your best one on each line.

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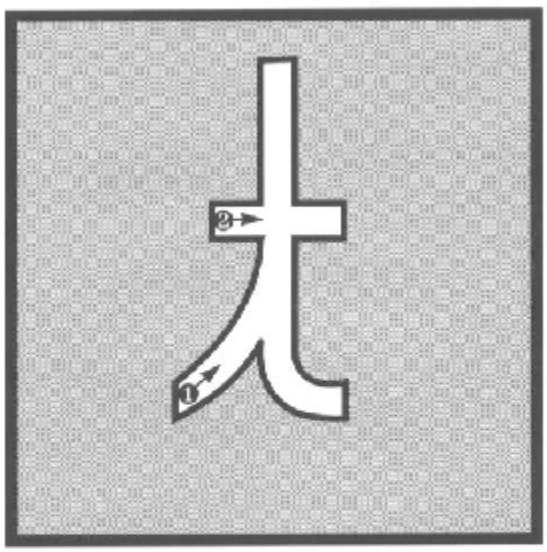

teacher

Relax your fingers. Use your arm. Say, "t: Slide up to the top; stroke down to the base; make a short tail; and stroke across just above the midline."

1

2

3

4 teacher

Circle your best one on each line.

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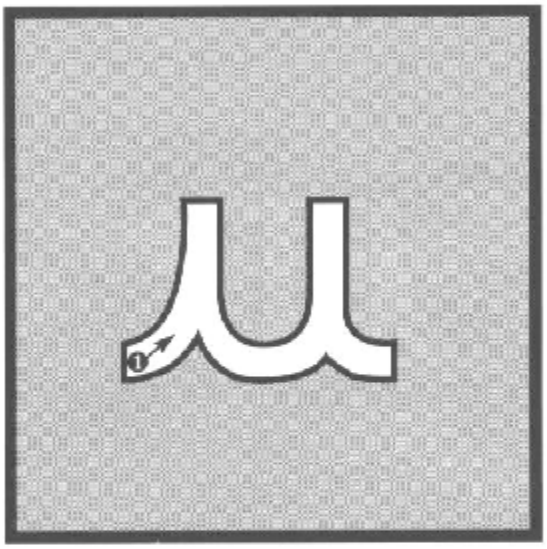

Relax your fingers. Use your arm. Say, "u: Slide up to the midline; trace back and loop to the base; curve up to the midline; stroke down, and make a small tail."

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4

Circle your best one on each line.

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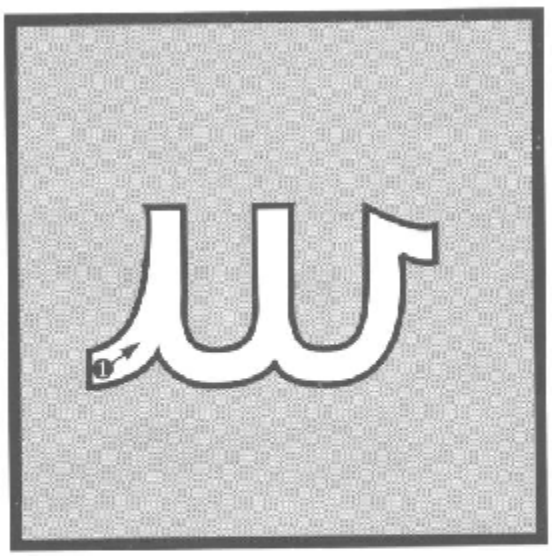


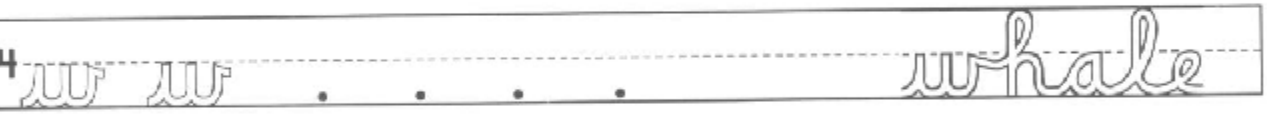
whale

Relax your fingers. Use your arm. Say, "w: Slide up to the midline; stroke down and curve at the base; up, down, and up again to the midline; then a small curl down."

1

2

3

4 

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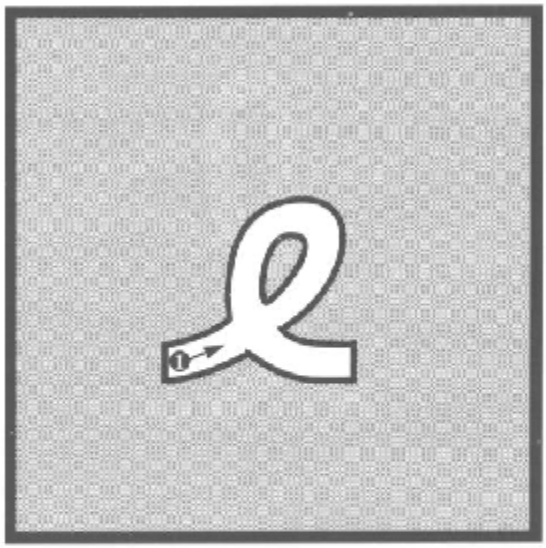

eye

Relax your fingers. Use your arm. Say, "e: Slide up to the midline, loop to the base; and make a small tail."

1

2

3

4 eye

Circle your best one on each line.

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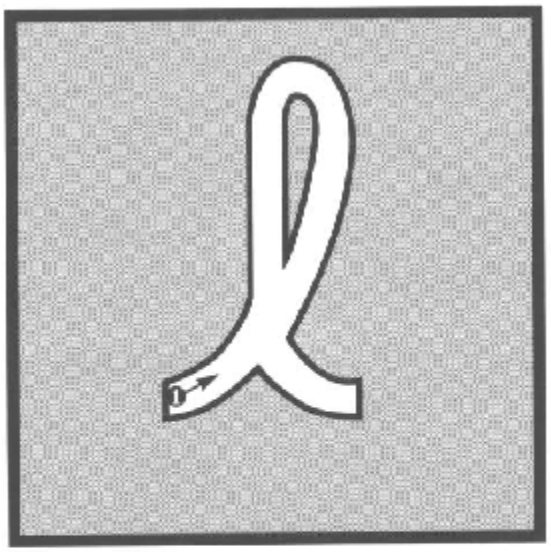
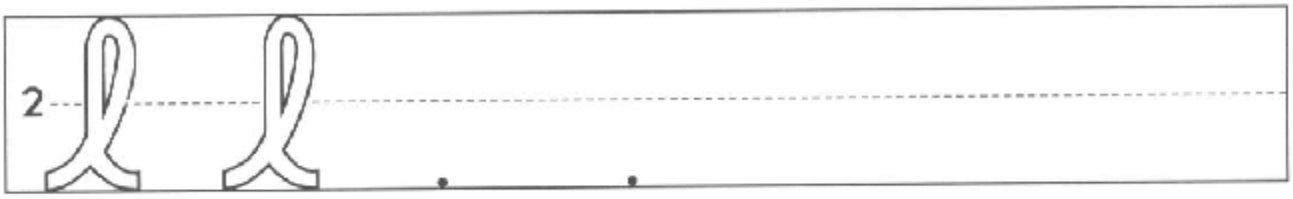
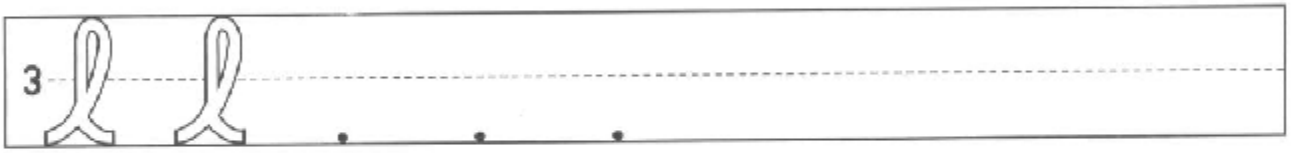


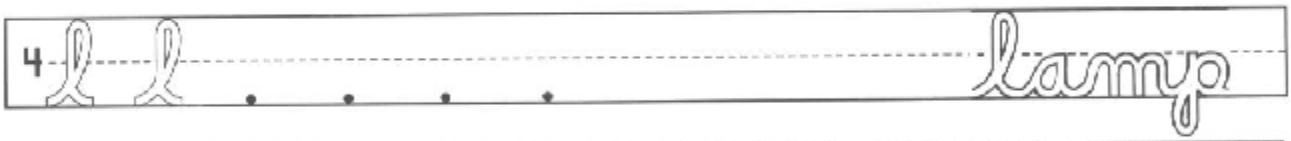
lamp

Relax your fingers. Use your arm. Say, "I: Slide up to the top; stroke down to the bottom; and make a small tail."

1

2 

3 

4 

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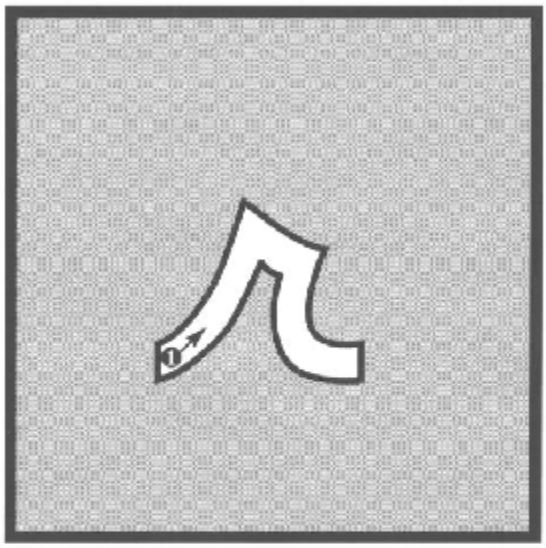
r R



radio

Relax your fingers. Use your arm. Say, "r: Slide up to the midline; curve down a little; pause; then stroke down toward the base; and make a small tail."

1

2

3

4 radio

Circle your best one on each line.

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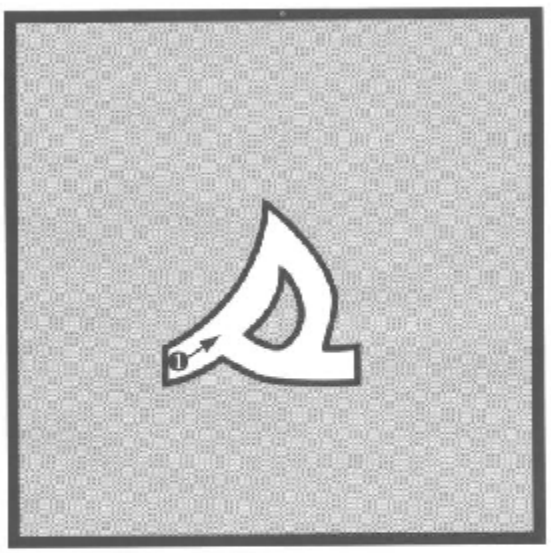

snake

Relax your fingers. Use your arm. Say, "s: Slide up to the midline; curve down to the base; touch; and make a small tail."

1

2

3

4 smake

Circle your best one on each line.

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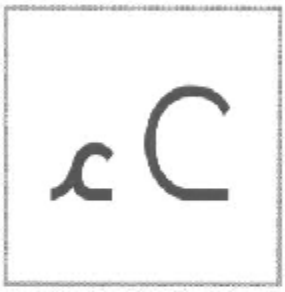

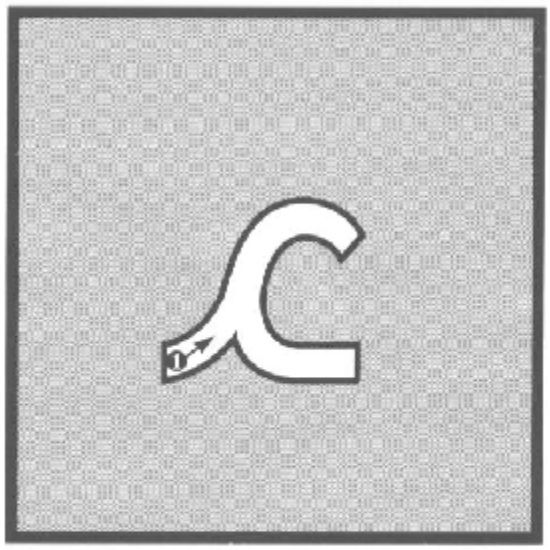

camera

Relax your fingers. Use your arm. Say, "c: Slide up to the midline and on to two o'clock; trace back; curve to the base; and make a small tail."

1 c c .

2 c c . .

3 c c . . .

4 c c . . . . camera

Circle your best one on each line.

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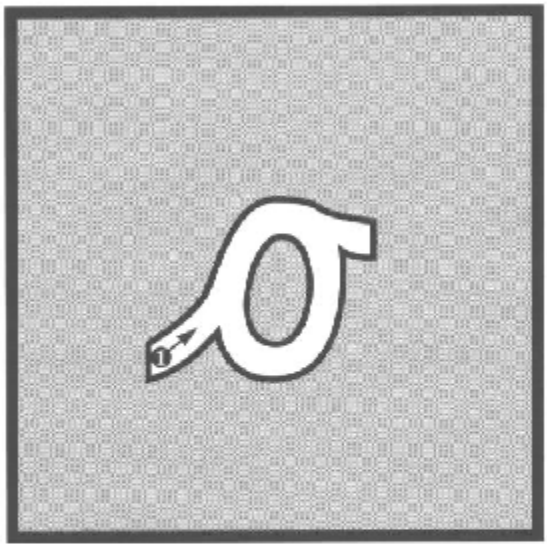
o O



owl

Relax your fingers. Use your arm. Say, "o. Slide up to the midline; trace back and loop to the base; curve up to the midline; and curve down a little."

1 o o .

2 o o . .

3 o o . . .

4 o o . . . . owl

Circle your best one on each line.

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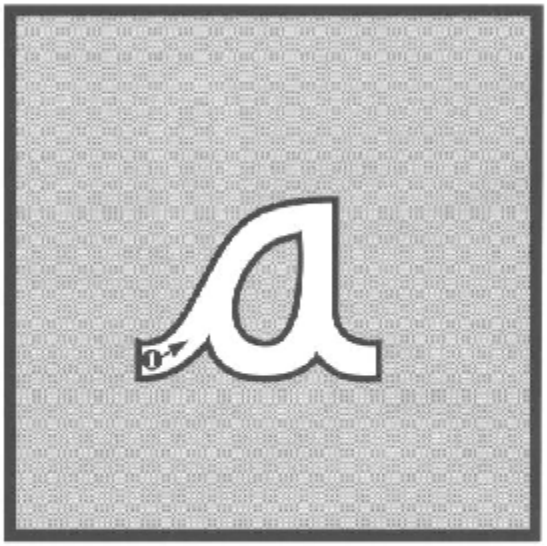
a a



alligator

Relax your fingers. Use your arm. Say, "a: Slide up to the midline; trace back and loop to the base; curve up to the midline; stroke down; and make a small tail."

1 a a .

2 a a . .

3 a a . . .

4 a a . . . . alligator

Circle your best one on each line.

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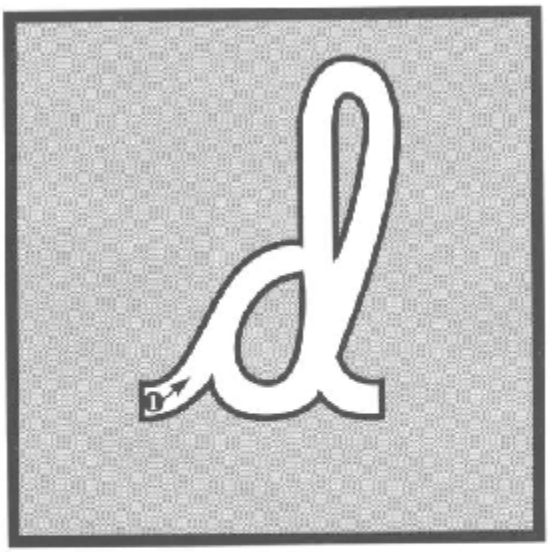
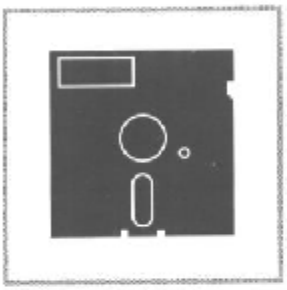
d D





disk

Relax your fingers. Use your arm. Say, "d: Slide up to the midline; trace back and loop to the base; curve up to the top; stroke down; and make a small tail."

1 d d .

2 d d . .

3 d d . . .

4 d d . . . . disk

Circle your best one on each line.

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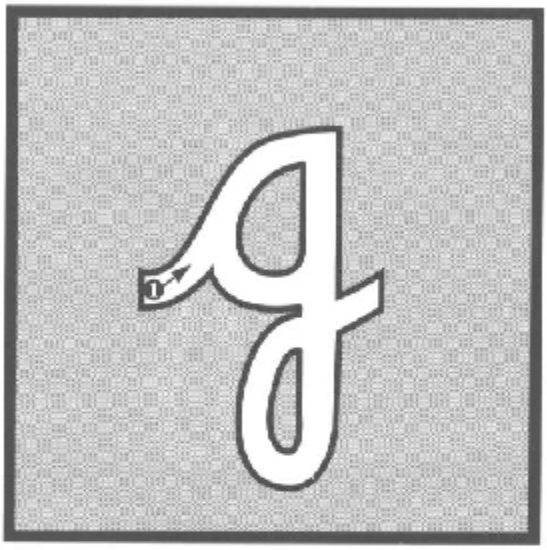

golf

Relax your fingers. Use your arm. Say, "g: Slide up to the midline; trace back and loop to the base; curve up to the midline; stroke down to the bottom; loop up to the base; and make a small tail."

1 g g

2 g g

3 g g

4 g g golf

Circle your best one on each line.

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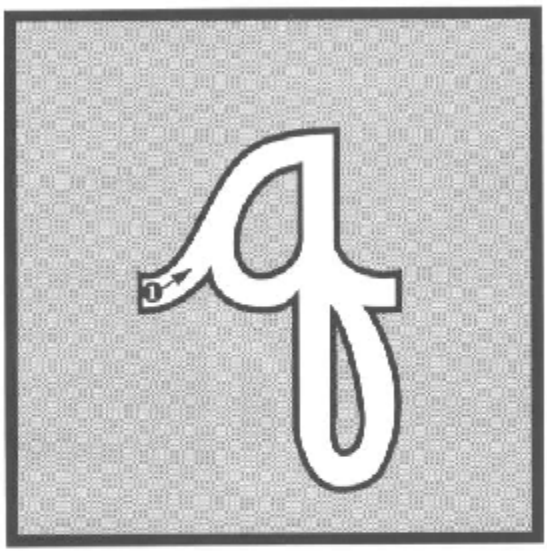
q Q



quail

Relax your fingers. Use your arm. Say, "q: Slide up to the midline; trace back and loop to the base; curve up to the midline; stroke down to the bottom; curve up to the base; touch; and make a small tail."

1 q q

2 q q

3 q q

4 q q quail

Circle your best one on each line.

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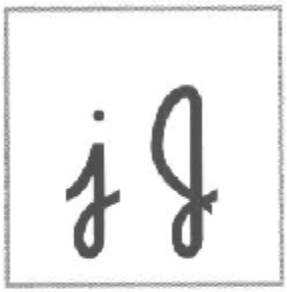

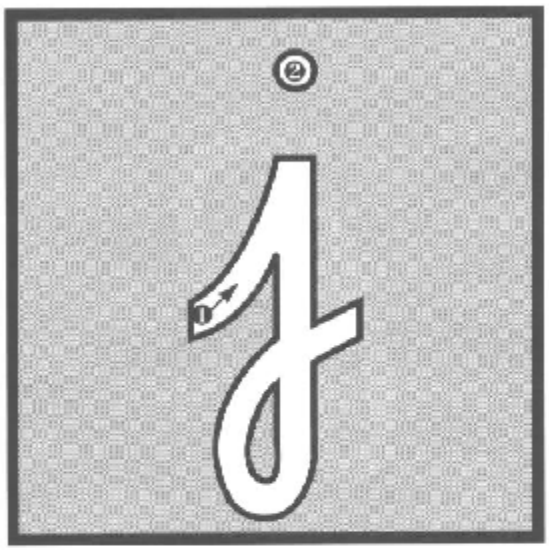

jacket

Relax your fingers. Use your arm. Say, "j. Slide up to the midline; stroke down to the bottom; loop up to the base; make a small tail; and be sure to dot half way between the midline and the top."

1

2

3

4 jacket

Circle your best one on each line.

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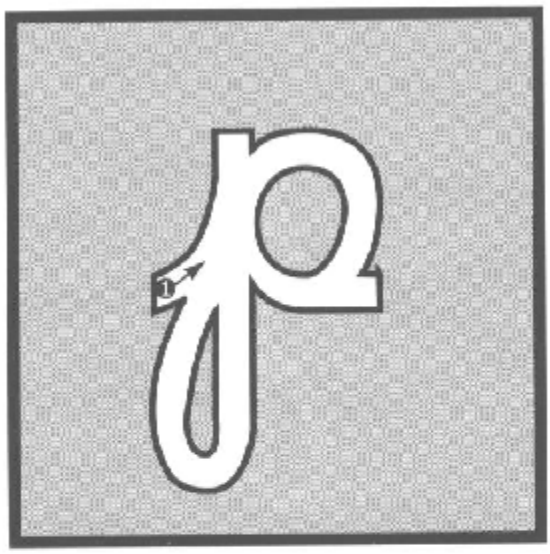
p P



puma

Relax your fingers. Use your arm. Say, "p: Slide up to the midline; stroke down to the bottom; loop up to the midline; around and touch; then make a small tail."

1

2

3

4 puma

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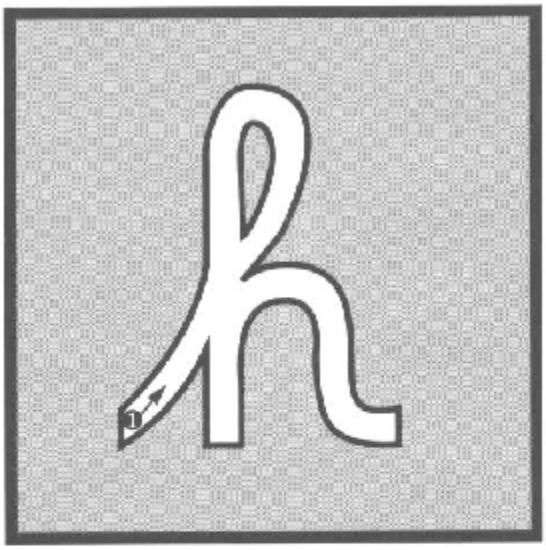
h H



horse

Relax your fingers. Use your arm. Say, "h: Slide up and loop to the top; stroke down to the base; trace up to the midline; curve down to the base; and make a small tail."

1 h h .

2 h h . .

3 h h . . .

4 h h . . . . horse

Circle your best one on each line.

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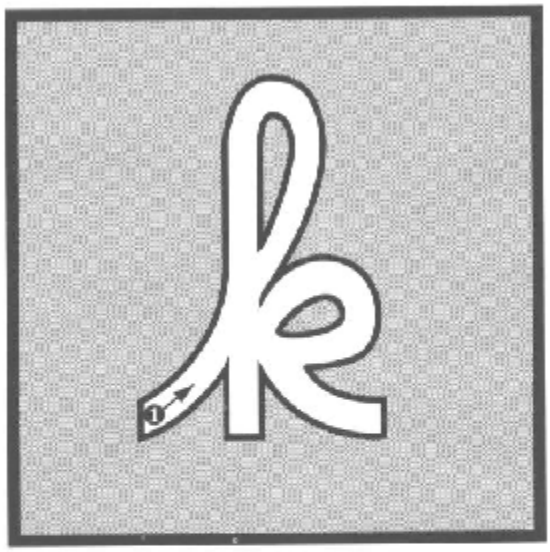
k K



knight

Relax your fingers. Use your arm. Say, "k: Slide up and loop to the top; stroke down to the base; trace up to the midline; curve and touch halfway to the base; curve down to the base; and make a small tail."

1 k k .

2 k k . .

3 k k . . .

4 k k . . . . knight

Circle your best one on each line.

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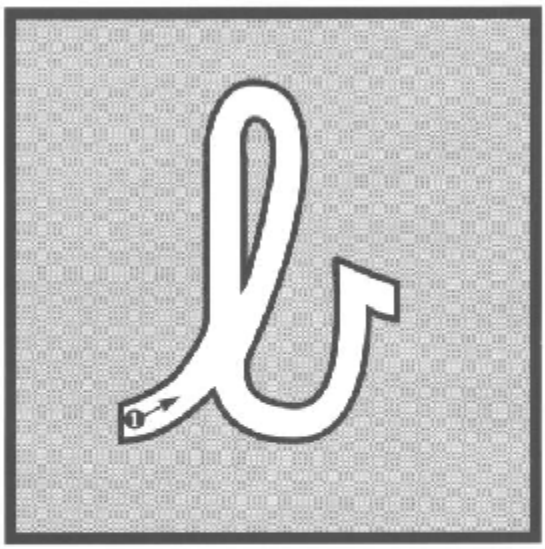

batteries

Relax your fingers. Use your arm. Say, "b. Slide up to the top; loop to the base; curve up to the midline; slide down and right a little."

1

2

3

4 batteries

Circle your best one on each line.

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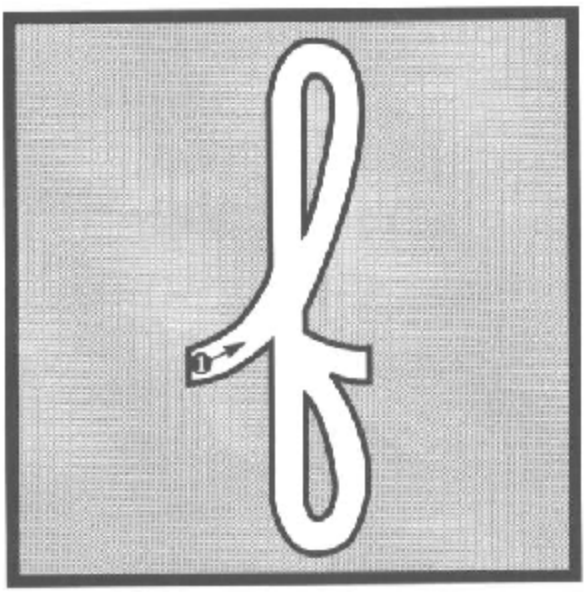
f f



football

Relax your fingers. Use your arm. Say, "f: Slide up and loop to the top; stroke down to the bottom; loop up to the base; and make a small tail."

1

2

3

4 football

Circle your best one on each line.

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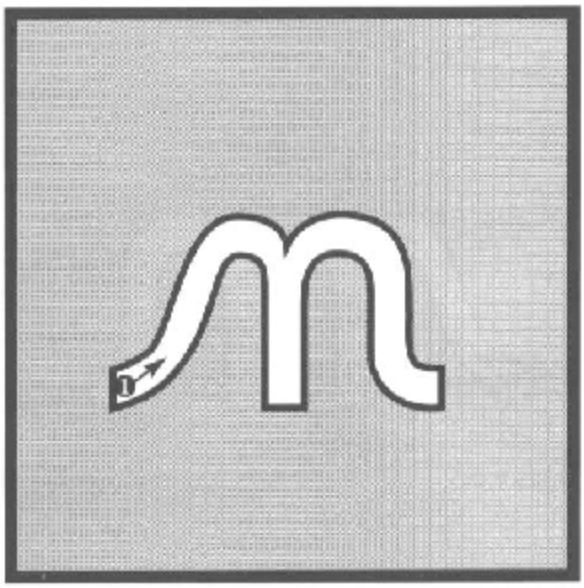
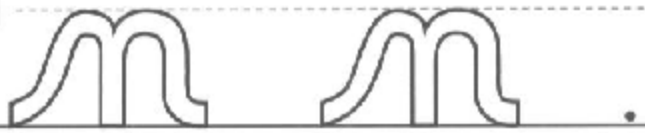


note

Relax your fingers. Use your arm. Say, "n: Slide up to the midline; curve down to the base, trace up andcurve to the midline; curve down; and make a small tail."

1 

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4

Circle your best one on each line.

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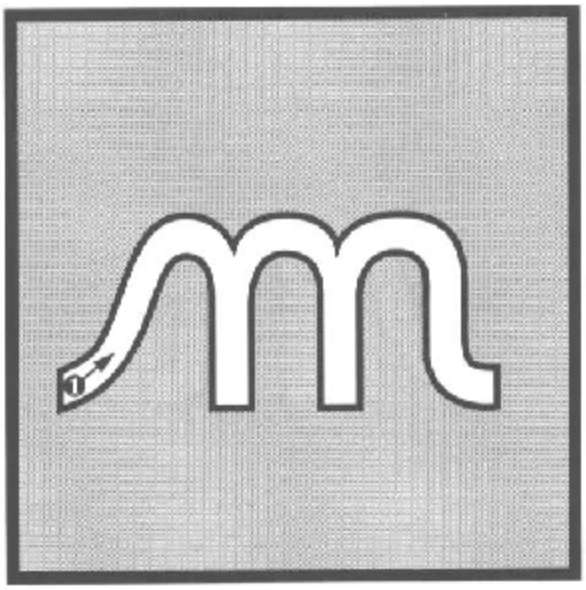

mouse

Relax your fingers. Use your arm. Say, "m: Slide up to the midline; curve down to the base; trace up and curve to the midline; make three humps all together; and a small tail."

1 m m .

2 m m .

3 m m . .

4 m m . . . mouse

Circle your best one on each line.

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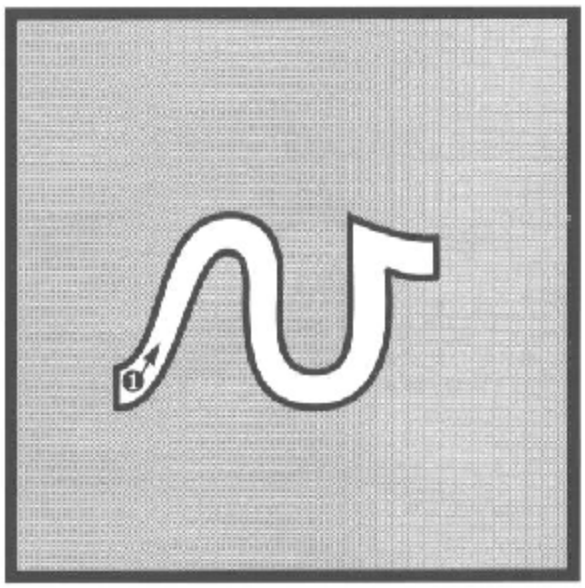

violin

Relax your fingers. Use your arm. Say, "v: Slide up to the midline; loop to the base; curve up to the midline; and curve down a little."

1

2

3

4 violin

Circle your best one on each line.

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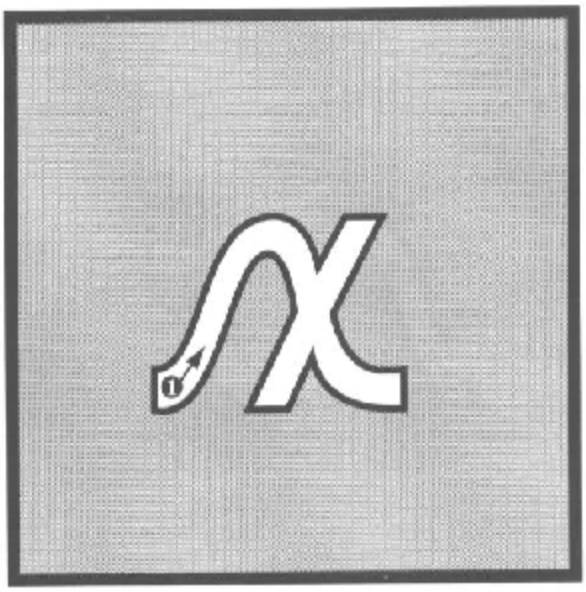
x X



fox

Relax your fingers. Use your arm. Say, "x: Slide up to the midline; curve and slide to the base; make a small tail; slide left from the midline to the base through the middle of the first part."

1 x x .

2 x x . .

3 x x . . .

4 x x . . . . fox

Circle your best one on each line.

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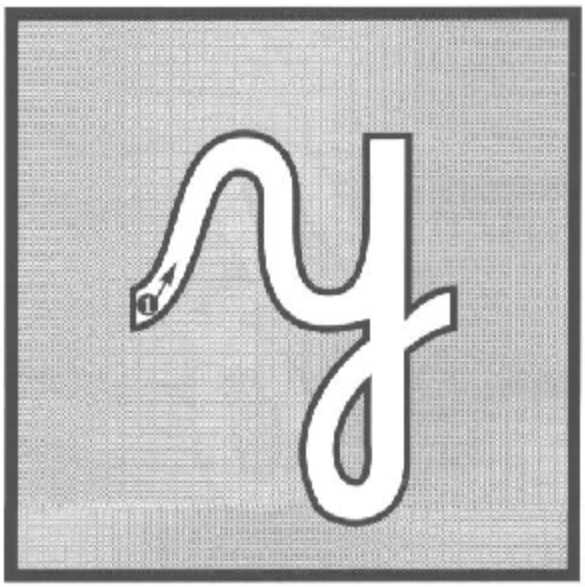
y Y



yak

Relax your fingers. Use your arm. Say, "y: Slide up to the midline; loop to the base; curve up to the midline; stroke down to the bottom; loop up to the base; and make a small tail."

1 y y .

2 y y . .

3 y y . . .

4 y y . . . . yak

Circle your best one on each line.

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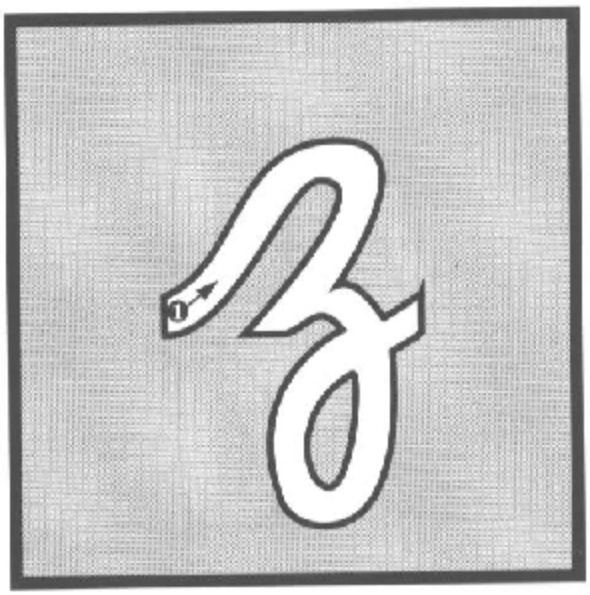
z z



zepplin

Relax your fingers. Use your arm. Say, "z: Slide up to the midline; loop to the base; curve up a little; stroke down to the bottom; loop up to the base; and make a small tail."

1

2

3

4 zepplin

Circle your best one on each line.

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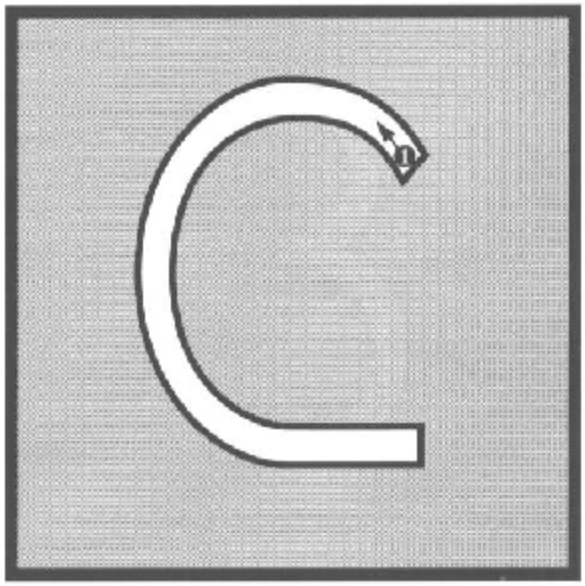
Cc



California

Relax your fingers. Use your arm. Say, "Capital C: Start at 2 o clock; curve up to the top; curve down to the bottom; and make a small tail to connect with the next letter."

1 C C

2 C C

3 C C

4 C C California

Circle your best one on each line.

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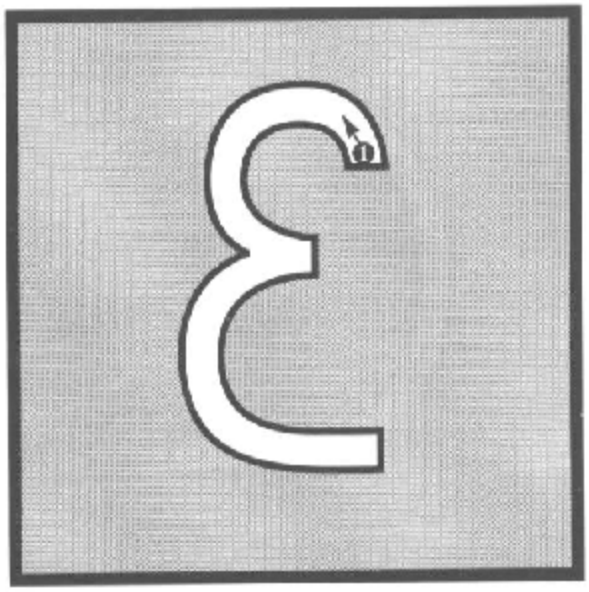

England

Relax your fingers. Use your arm. Say, "Capital E: Start at 2 o clock; curve up to the top; curve in just above the midline; curve to the baseline; and make a small tail to connect with the next letter."

1

2

3

4 England

Circle your best one on each line.

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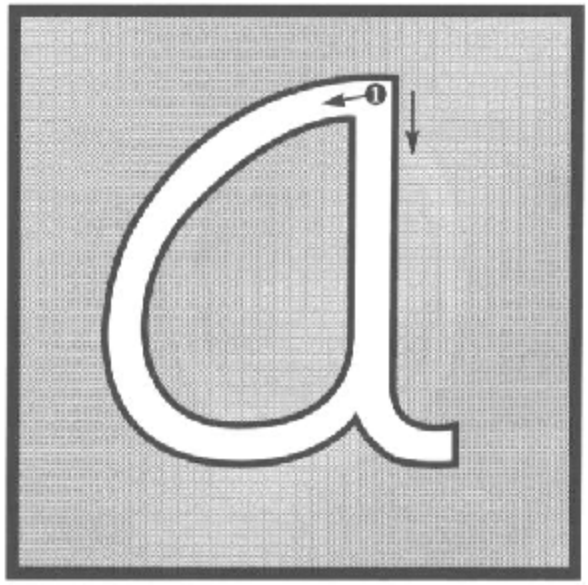

Alaska

Relax your fingers. Use your arm. Say, "Capital A: Start at the top; curve around and back to the top; stroke down to the bottom; and make a small tail to connect with the next letter."

1 a a

2 a a

3 a a

4 a a Alaska

Circle your best one on each line.

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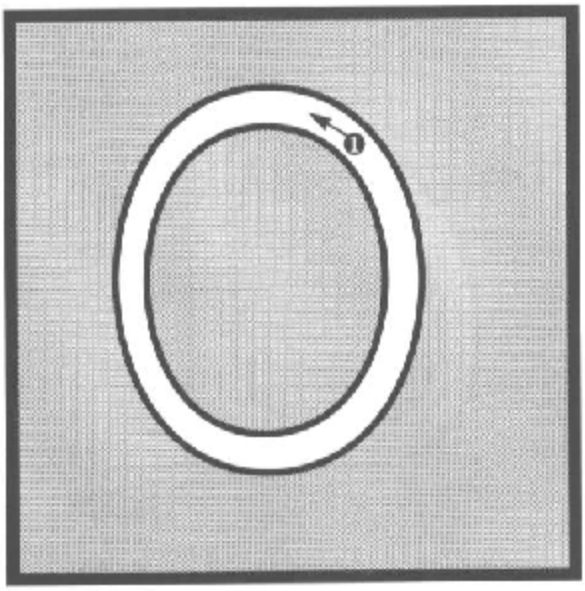
Oo



Oklahoma

Relax your fingers. Use your arm. Say, "Capital O: Start at 2 o'clock; curve up to the top; curve down to the bottom; and connect at 2 o'clock."

1

2

3

4 Oklahoma

Circle your best one on each line.

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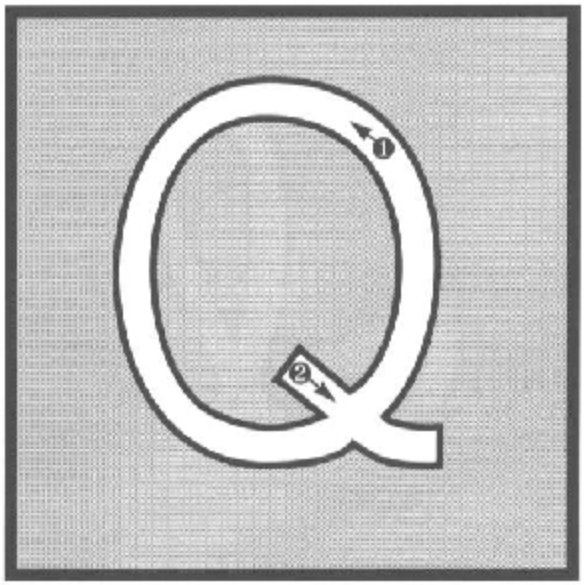
Qq



Quebec

Relax your fingers. Use your arm. Say, "Capital Q: Start at 2 o'clock and circle left back to 2 o clock; slide right at 5 o'clock; and make a small tail to connect with the next letter."

1 Q Q

2 Q Q

3 Q Q

4 Q Q Quebec

Circle your best one on each line.

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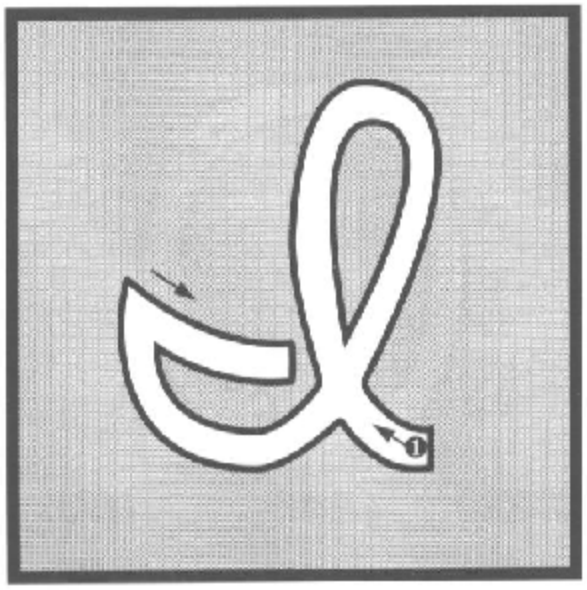

Illinois

Relax your fingers. Use your arm. Say, "Capital I: Start at the bottom; curve up to the top; loop down to the bottom; curve up to the midline; and curve down half way to the base."

1

2

3

4 Illinois

Circle your best one on each line.

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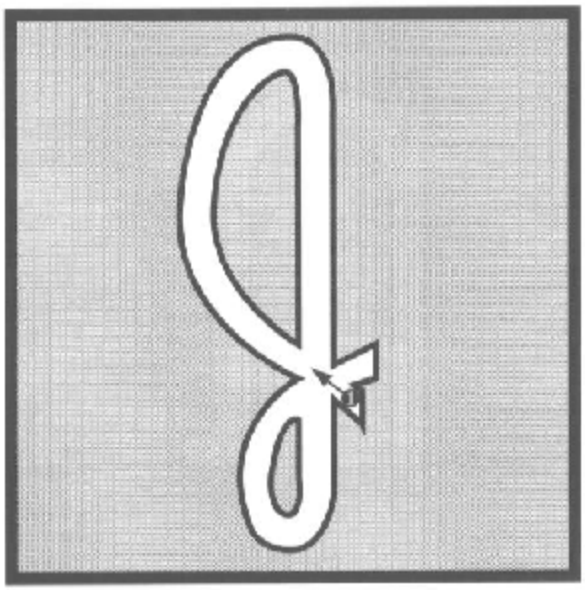

New Jersey

Relax your fingers. Use your arm. Say, "Capital J: Start a bit below the base; curve up to the top; stroke down to the bottom; curve back to the base; and make a small tail to connect with the next letter."

1

2

3

4 New Jersey

Circle your best one on each line.

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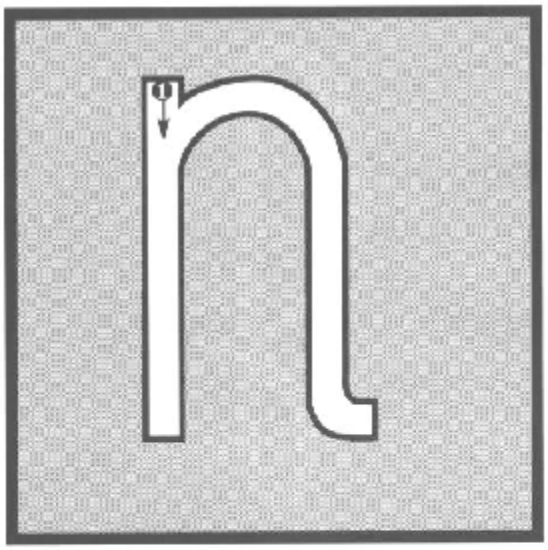

Nebraska

Relax your fingers. Use your arm. Say, "Capital N: Start at the top; stroke down to the base; trace up and curve to the top; curve down; and make a small tail to connect with the next letter."

1

2

3

4

Circle your best one on each line.

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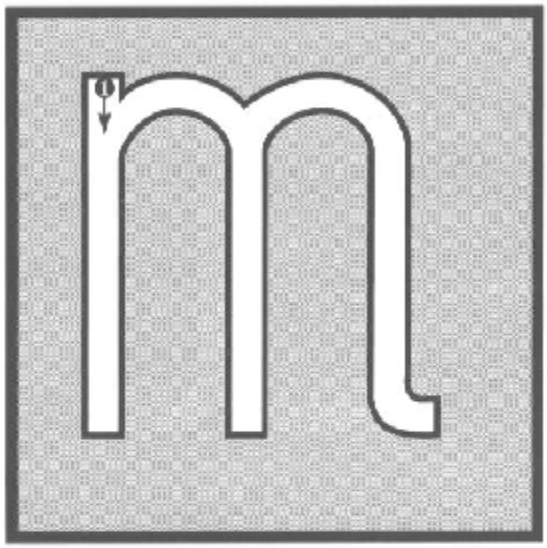

Minnesota

Relax your fingers. Use your arm. Say, "Capital M: Start at the top; stroke down to the base; trace up and curve to the top; curve down; up and down again, and make a small tail to connect with the next letter."

1 m m

2 m m

3 m m

4 m m Minnesota

Circle your best one on each line.

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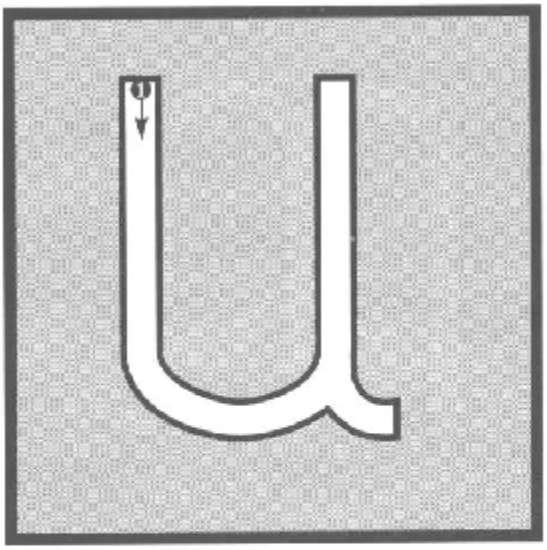

Utah

Relax your fingers. Use your arm. Say, "Capital U: Start at the top; stroke down to the base; curve up to the top; trace down to the base; and make a small tail to connect with the next letter."

1 U U

2 U U

3 U U

4 U U Utah

Circle your best one on each line.

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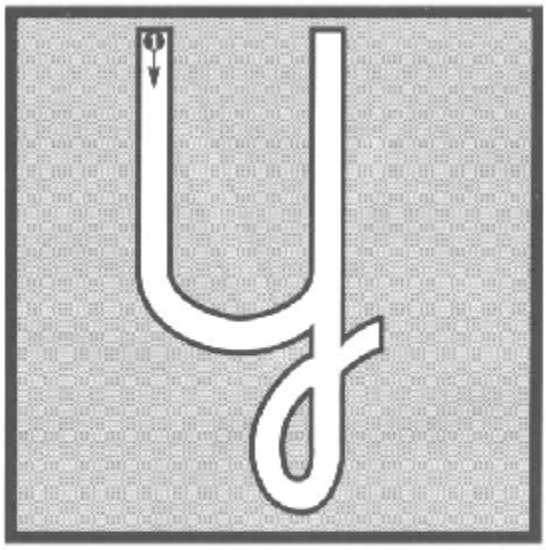
Yy



New York

Relax your fingers. Use your arm. Say, "Capital Y: Start at the top; stroke down to the base; curve up to the top; stroke down to the bottom; loop up to the base; and make a small tail to connect with the next letter."

1

2

3

4 New York

Circle your best one on each line.

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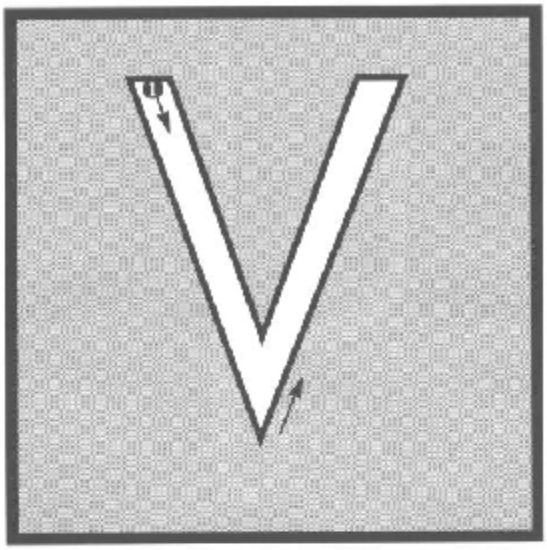
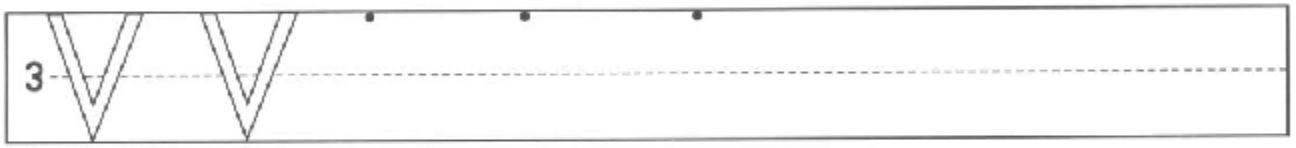


Vermont

Relax your fingers. Use your arm. Say, "Capital V: Start at the top, slide down to the base, and slide back up to the top."



Circle your best one on each line.

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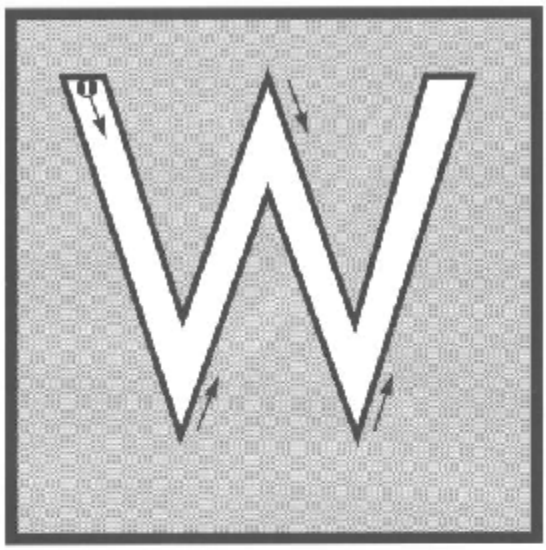
Name _____ Date _____

Ww



Wyoming

Relax your fingers. Use your arm. Say, "Capital W: Start at the top, slide down to the base; slide back up to the top; and do it again."

1 W W

2 W W

3 W W

4 W W Wyoming

Circle your best one on each line.

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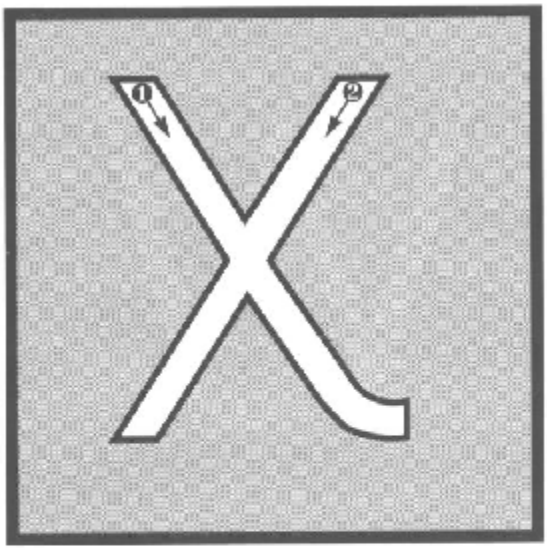
Name _____ Date _____

Xx



Xenia, Ohio

Relax your fingers. Use your arm. Say, "Capital X: Start at the top; slide right down to the base; and make a small tail to connect with the next letter; start at the top and slide left to the base."

1 X X

2 X X

3 X X

4 X X Xenia, Ohio

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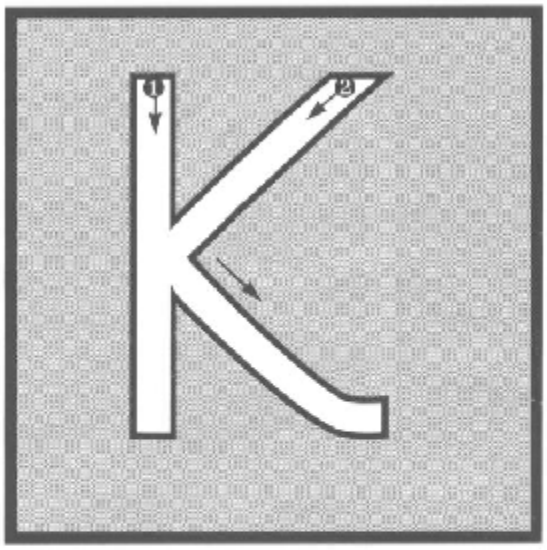
Kk



Kansas

Relax your fingers. Use your arm. Say, "Capital K: Start at the top; stroke down to the base; start at the stop and slide left to the midline; touch and slide right to the base; make a small tail to connect with the next letter."

1 K K

2 K K

3 K K

4 K K Kansas

Circle your best one on each line.

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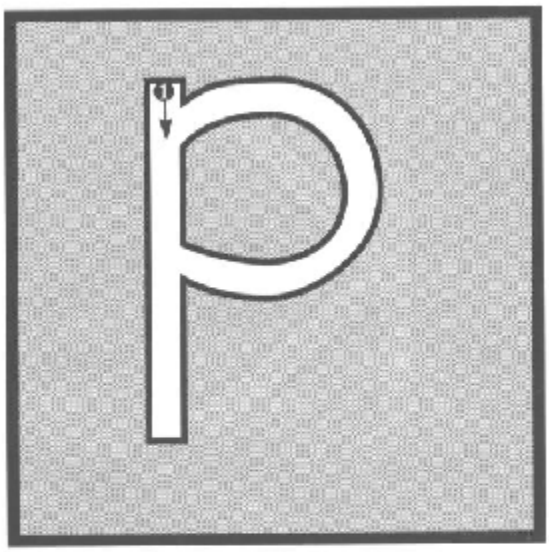

Pennsylvania

Relax your fingers. Use your arm. Say, "Capital P: Start at the top; stroke down to the base; trace up and curve to the top; circle a little below the midline, then touch at the midline."

1 P P

2 P P

3 P P

4 P P Pennsylvania

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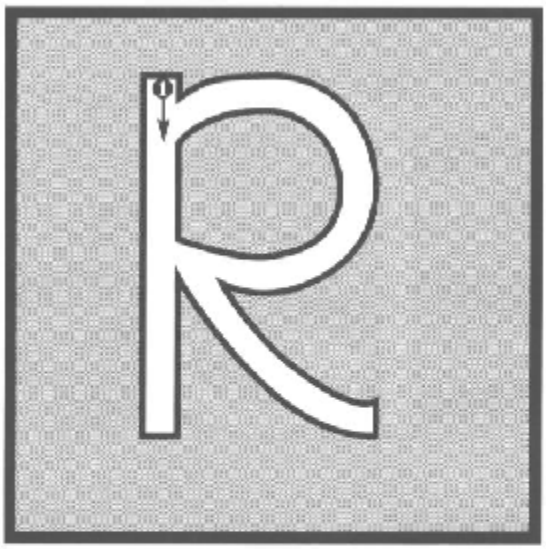

Rhode Island

Relax your fingers. Use your arm. Say, "Capital R: Start at the top; stroke down to the base; trace up and curve to the top; circle a little below the midline, then touch at the midline; slide right and make a small tail."

1 R R

2 R R

3 R R

4 R R Rhode Island

Circle your best one on each line.

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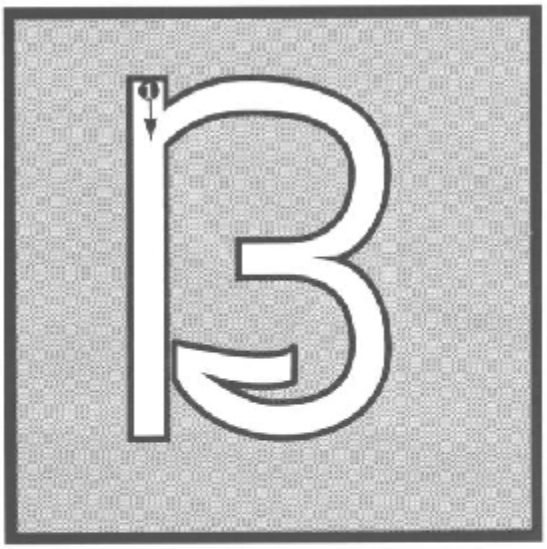
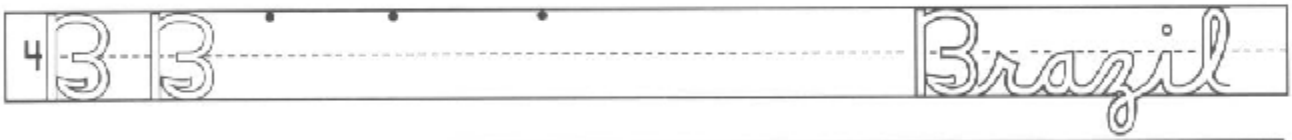


Brazil

Relax your fingers. Use your arm. Say, "Capital B: Start at the top; stroke down to the base; trace up and curve to the top; circle to the midline; circle to the base and up; curve down and up a little."



Circle your best one on each line.

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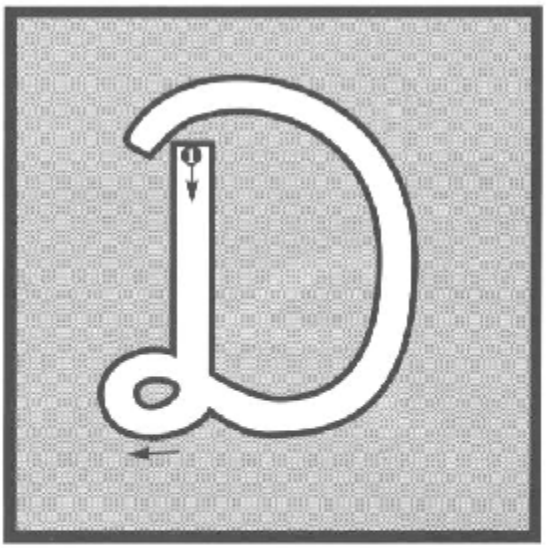
Dd



Delaware

Relax your fingers. Use your arm. Say, "Capital D: Start near the top; stroke down; loop to the base; loop up and back to the base; circle up to the top and loop over your starting line."

1

2

3

4 Delaware

Circle your best one on each line.

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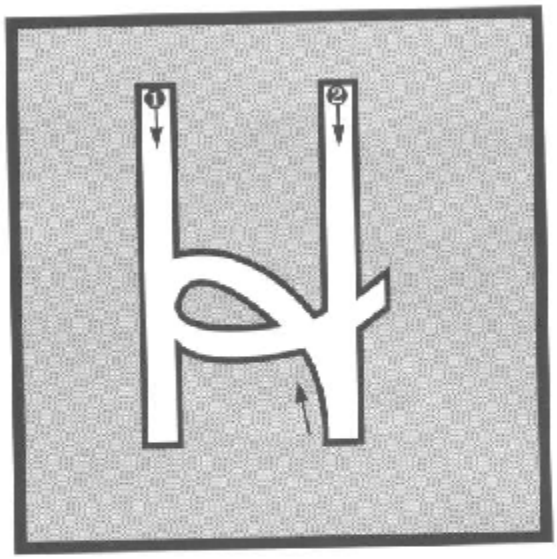
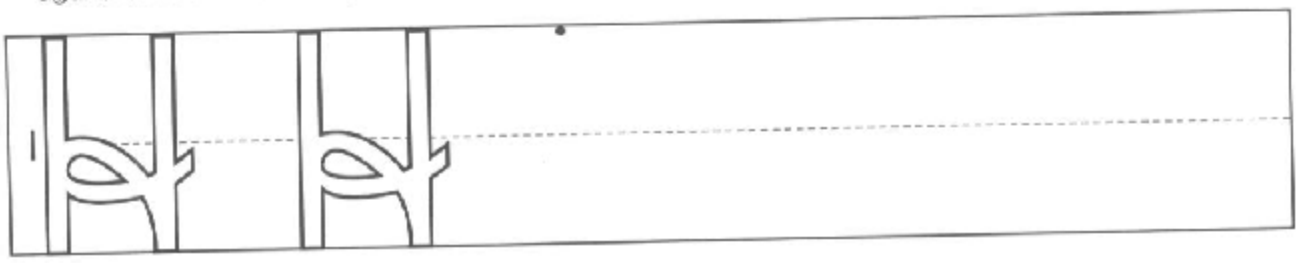
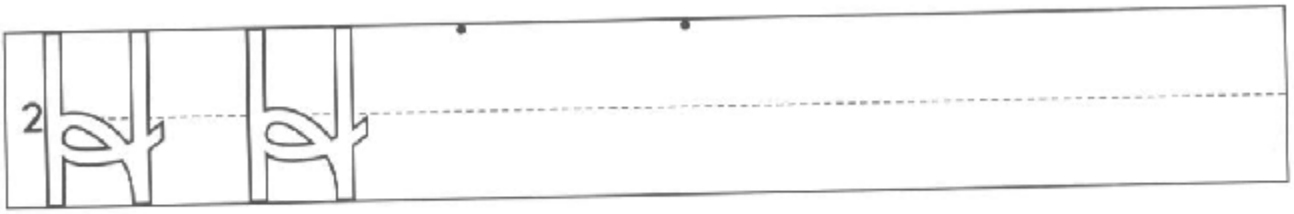
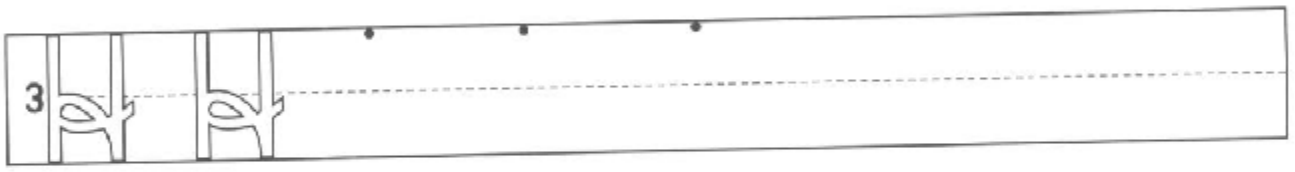


Hawaii

Relax your fingers. Use your arm. Say, "Capital H: Start at the top; stroke down to the base; start at the top again; stroke down; trace up a little; loop up; touch at the midline; loop down and up across the midline."







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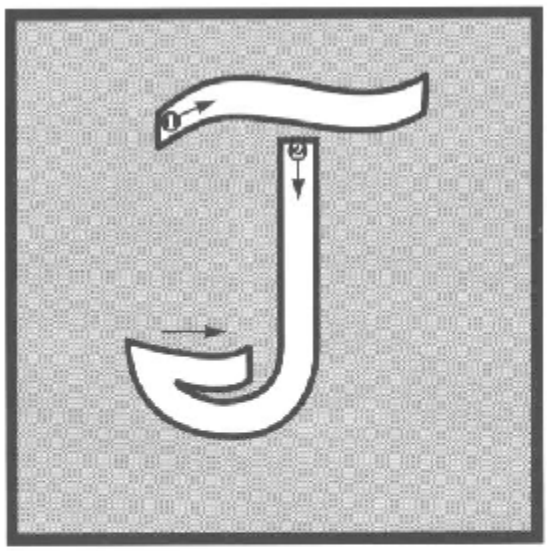

Texas

Relax your fingers. Use your arm. Say, "Capital T: Start near the top; stroke down near the base; curve up half way to the midline; curve down and up a little."

1

2

3

4 Texas

Circle your best one on each line.

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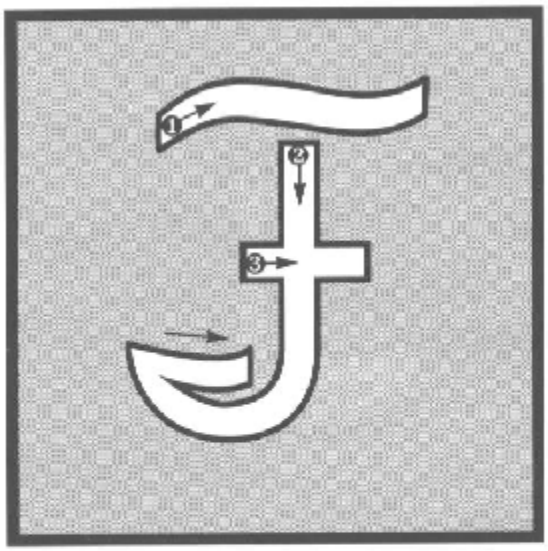
Ff



Florida

Relax your fingers. Use your arm. Say, "Capital F: Start near the top; stroke down near the base; curve up half way to the midline; curve down and up a bit; stroke right at the midline."

1

2

3

4 Florida

Circle your best one on each line.

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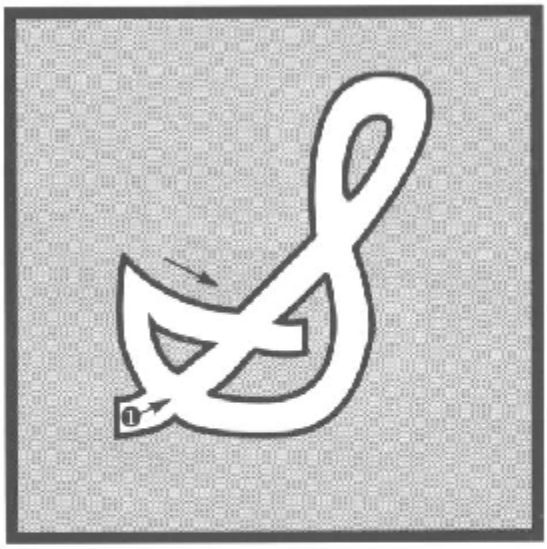

South Dakota

Relax your fingers. Use your arm. Say, "Capital S: Loop up from the base to the top; loop down and curve to the base; curve up to the midline; and curve down half way to the base."

1

2

3

4 South Dakota

Circle your best one on each line.

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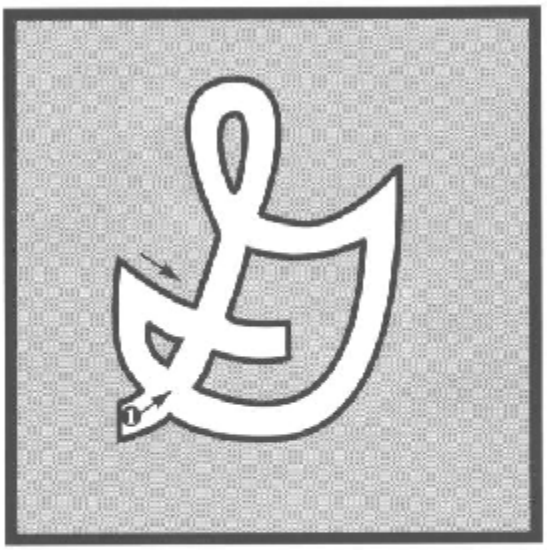

Georgia

Relax your fingers. Use your arm. Say, "Capital G: Slide up from the base to the top; loop around and half way back to the top; curve to the base; curve up to the midline; and curve down half way to the base."

1

2

3

4 Georgia

Circle your best one on each line.

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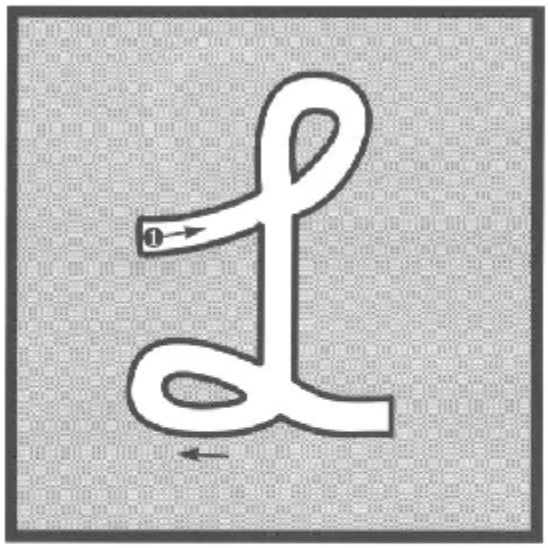

Louisiana

Relax your fingers. Use your arm. Say, "Capital L: Start at the midline; loop up to the top; stroke down and curve to the base; loop up and back to the base; make a tail to connect with the next letter."

1

2

3

4 Louisiana

Circle your best one on each line.

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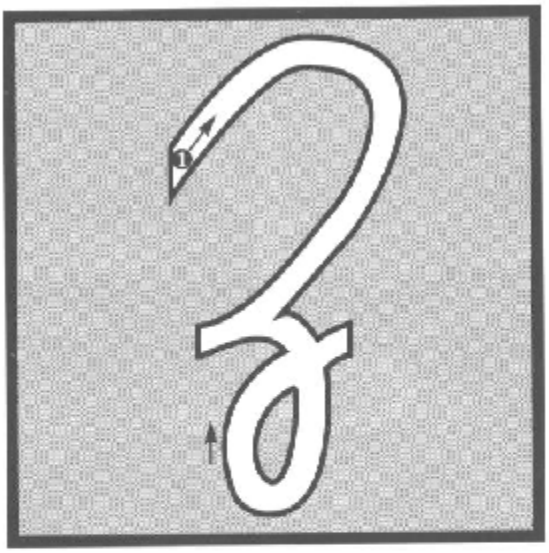

New Zealand

Relax your fingers. Use your arm. Say, "Capital Z: Start at the midline; curve up to the top; curve down to the base; curve up a little; curve down to the bottom; loop up to the base; and make a small tail."

1

2

3

4 New Zealand

Circle your best one on each line.

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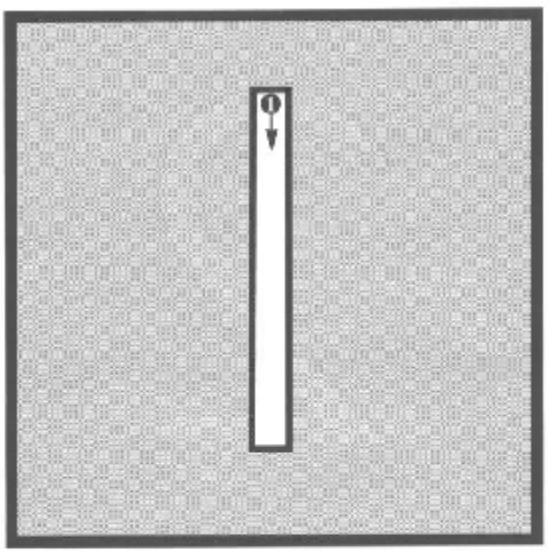

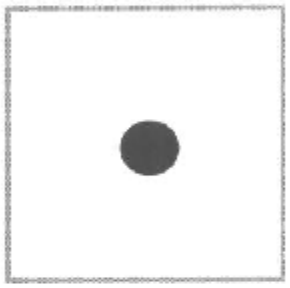

one

Relax your fingers. Use your arm. Say, "One: Stroke down."

1

2

3

4

Circle your best one on each line.

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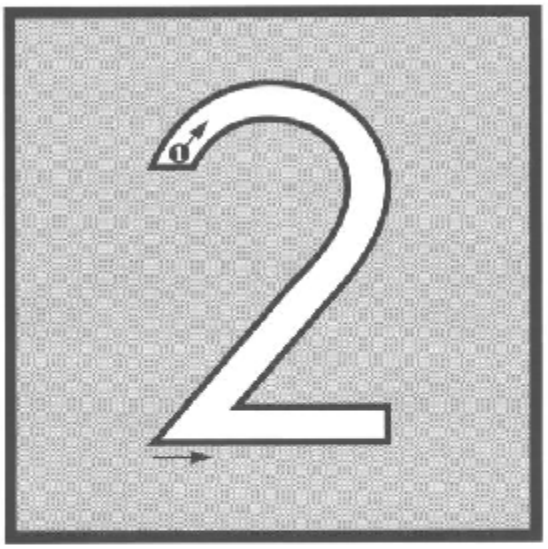

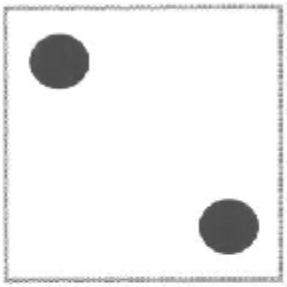

two

Relax your fingers. Use your arm. Say, "2. Curve to the top, curve to the base and stroke across."

1 2 2

2 2 2

3 2 2

4 2 2

Circle your best one on each line.

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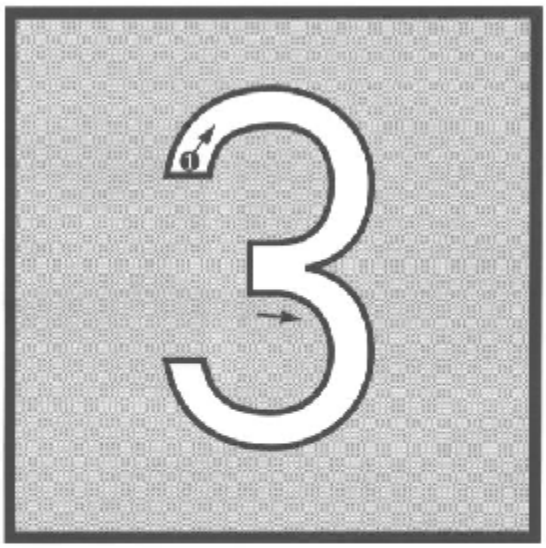

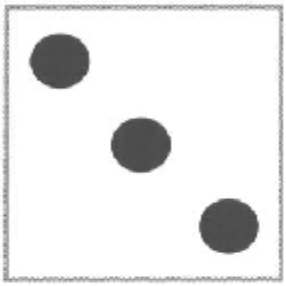

three

Relax your fingers. Use your arm. Say, "3. Curve to the top, curve to the midline and curve to the base."

1 3 3

2 3 3

3 3 3

4 3 3

Circle your best one on each line.

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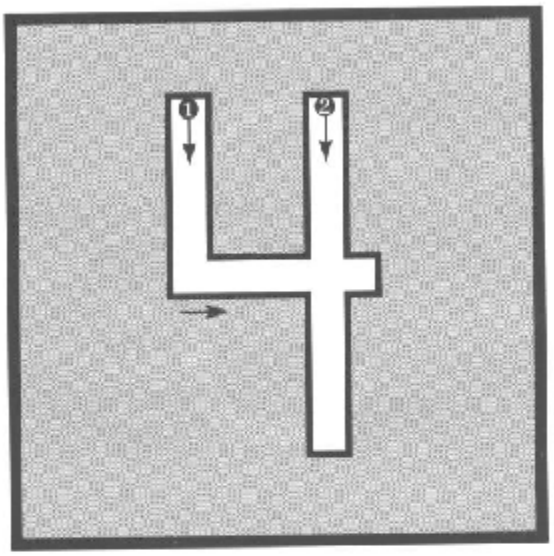
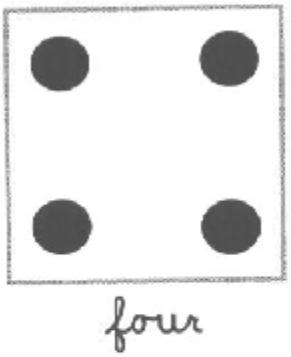
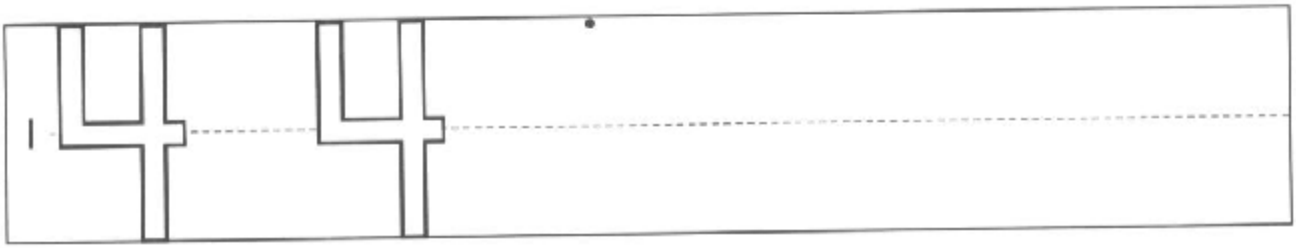
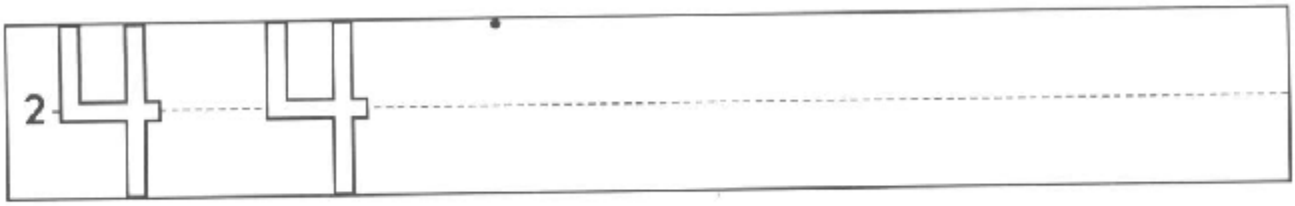
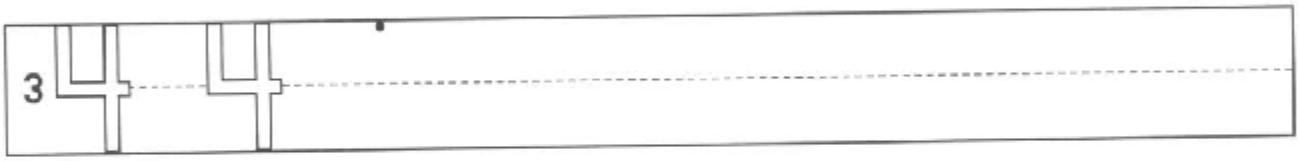




Relax your fingers. Use your arm. Say, "4: Stroke down, stroke across and stroke down."

1 

2 

3 

4

Circle your best one on each line.

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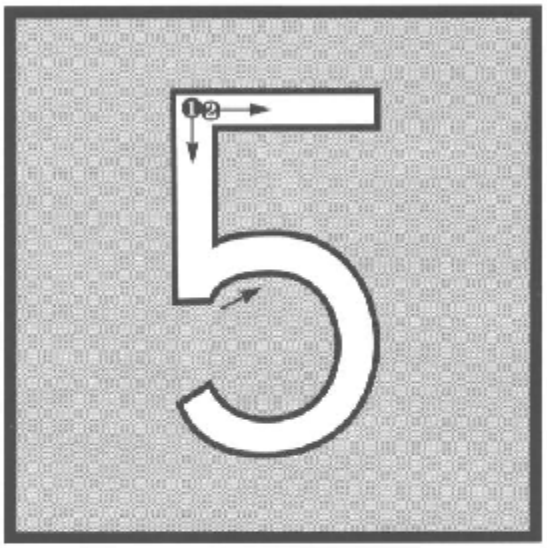
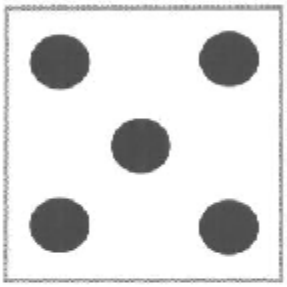
5





five

Relax your fingers. Use your arm. Say, "5: Stroke down, curve to the base and stroke across."

1 5 5

2 5 5

3 5 5

4 5 5

Circle your best one on each line.

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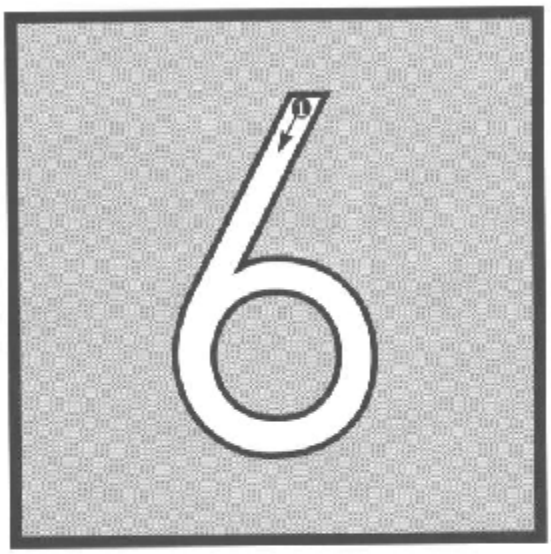

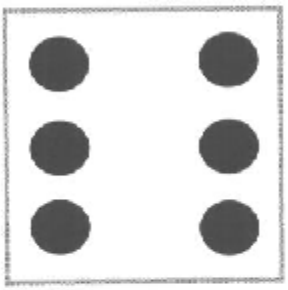

six

Relax your fingers. Use your arm. Say, "6: Slide left, curve down to the base and curve up to the middle."

1 6 6

2 6 6

3 6 6

4 6 6

Circle your best one on each line.

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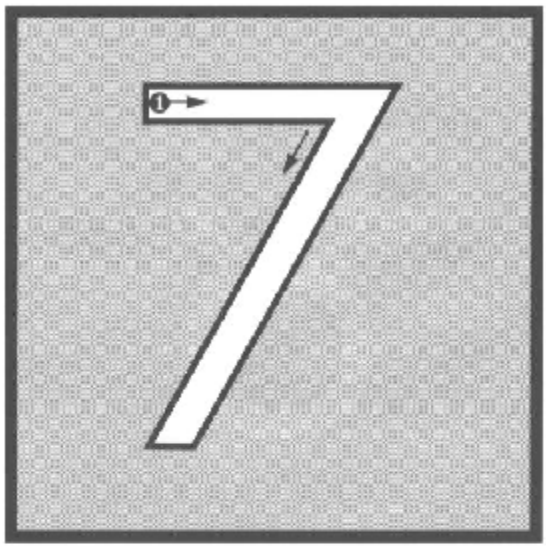
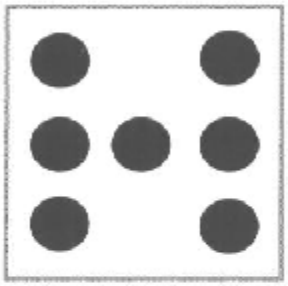
7





seven

Relax your fingers. Use your arm. Say, "7: Stroke across and slide left."

1 7 7

2 7 7

3 7 7

4 7 7

Circle your best one on each line.

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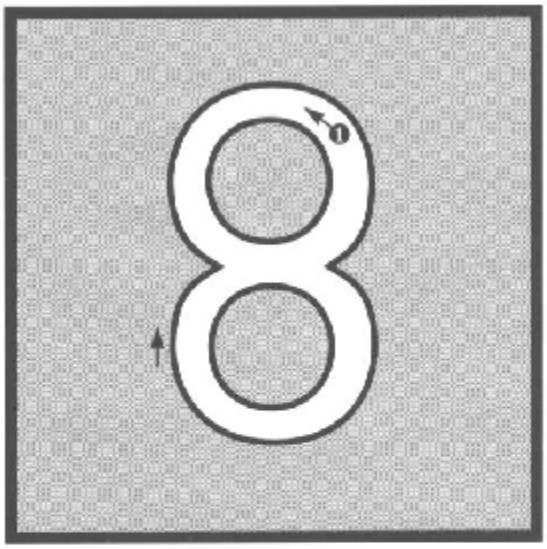

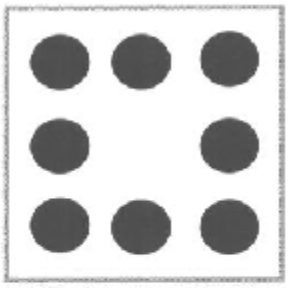

eight

Relax your fingers. Use your arm. Say, "8: Circle left above the middle and circle right below the middle."

1 8 8

2 8 8

3 8 8

4 8 8

Circle your best one on each line.

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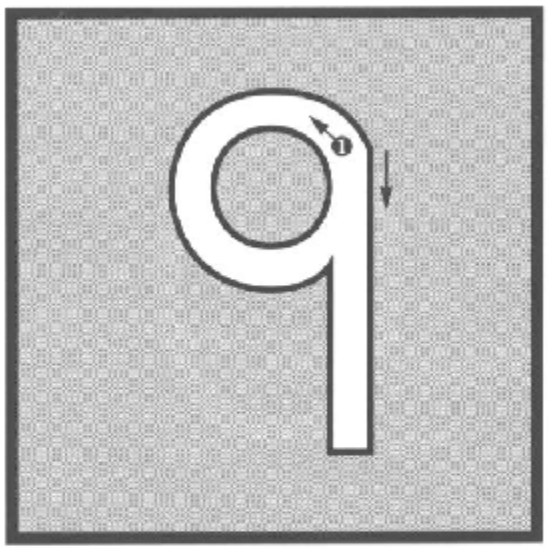

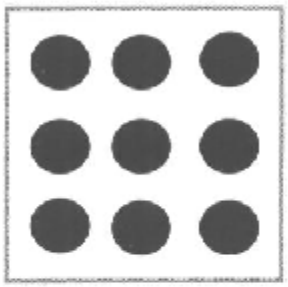

nine

Relax your fingers. Use your arm. Say, "9: Circle left above the middle and stroke down."

1

2

3

4

Circle your best one on each line.

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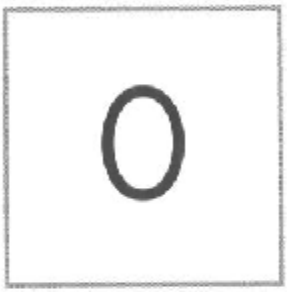
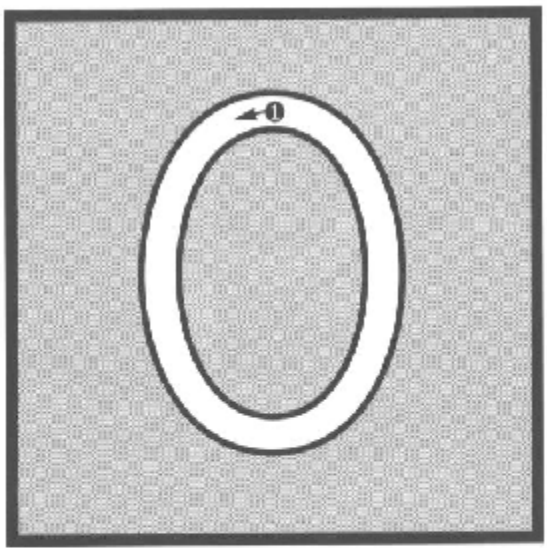
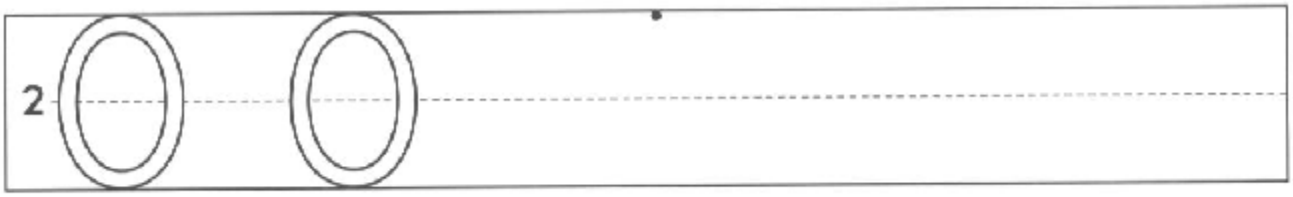
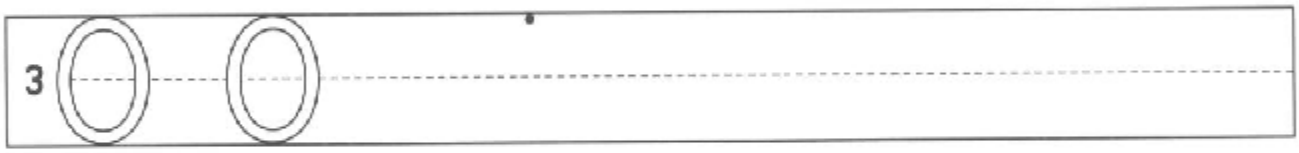




zero

Relax your fingers. Use your arm. Say, "0: Curve to the base and curve to the top."





Circle your best one on each line.

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Transition

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